

# Anxiety Disorders

## Education and Self-Help Resources



### Self-Help and Low-Intensity Treatment

#### Anxiety Canada

Free online resources based on cognitive behavioural therapy that teach people about anxiety and how to cope.

[anxietycanada.com](http://anxietycanada.com)

#### BounceBack® Canada

A free skill-building program to help people age 15+ and older learn to manage anxiety and depression.

[bounceback.cmha.ca](http://bounceback.cmha.ca)

#### Health Quality Ontario's Patient Guide for Anxiety Disorders

Find suggestions on what to discuss with your health care providers to help you to receive high-quality care.

[hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-anxiety-disorders-patient-guide-en.pdf](http://hqontario.ca/Portals/0/documents/evidence/quality-standards/qs-anxiety-disorders-patient-guide-en.pdf)

#### Hope for Wellness Helpline

An online chat counseling service for Indigenous peoples across Canada.

[hopeforwellness.ca](http://hopeforwellness.ca)

#### Living Life to the Full

Life skills course based on CBT developed by the Canadian Mental Health Association of British Columbia.

[livinglifetothefull/our-courses](http://livinglifetothefull/our-courses)

#### Togetherall

Formerly the 'Big White Wall', a safe and anonymous online peer support community that can be accessed anytime, anywhere.

[togetherall.com](http://togetherall.com)

#### Youth Wellness Hubs

"One-stop shops" to help youths aged 12 to 25 get help with a variety of needs, including their mental health.

[youthhubs.ca](http://youthhubs.ca)

### Mobile Apps

#### CALM

App with a free trial that provides mindfulness and meditation exercises.

[calm.com](http://calm.com)

#### Headspace

App with a free trial that guides users through mindfulness and meditation exercises.

[headspace.com](http://headspace.com)

#### Wysa: Mental Health Support

Free app that works as an emotionally intelligent chatbot that uses artificial intelligence (AI) to react to the emotions you express, supporting people with stress, anxiety, and depression.

[wysa.io](http://wysa.io)

#### Woebot

Free AI CBT chatbot coach assists with reducing anxiety and stress using CBT tools.

[woebothealth.com](http://woebothealth.com)

### Self-Help Psychoeducation Books & Workbooks

*10 Simple Solutions to Panic: How to Overcome Panic Attacks, Calm Physical Symptoms, and Reclaim Your Life.* Martin M. Antony and Randi E. McCabe, 2004.

*10 Simple Solutions to Shyness.* Martin M. Antony, 2004.

*Anti-Anxiety Workbook, The.* Martin M. Antony and Peter J. Norton, 2008.

*Anxiety and Depression Workbook, The.* Michael A. Tompkins, 2021.

*Anxiety and Worry Workbook: The Cognitive Behavioral Solution, The.* David A. Clark, and Aaron T. Beck, 2011.

*Anxious Thoughts Workbook for Teens, The.* David A. Clark, 2022.

*Assertiveness Workbook, The* (2nd edition). Randy J. Paterson, 2022.

*Cognitive Behavioral Coping Skills Workbook for PTSD: Overcome Fear and Anxiety and Reclaim Your Life, The.* Matthew T. Tull, Kim L. Gratz, et al., 2016.

**agingminds.ca**

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## Self-Help Psychoeducation Books & Workbooks

### (Continued)

*Cognitive Behavioral Therapy for Anxiety and Depression During Pregnancy and Beyond.* Sheryl M. Green, Benicio N. Frey, et al., 2018.

*Cognitive Behavioral Workbook for Menopause, The.* Sheryl M. Green and Randy E. McCabe, 2012.

*Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear, The.* Melisa Robichaud and Michel J. Dugas, 2015.

*Helping Your Anxious Child, Second Edition.* Ronald M. Rapee, Ann Wignall et al. 2008.

*Mastering Fear and Phobias: Fourth Edition: Workbook.* Martin M. Antony and Michelle G. Craske, et al., 2006.

*Mindfulness for Beginners: Reclaiming the Present Moment and Your Life.* Jon Kabat-Zinn, 2016.

*Mind Over Mood: Change How You Feel By Changing the Way You Think* (2nd edition). Dennis Greenberger and Christine A. Padesky, 2016.

*Overcoming Fear of Heights.* Martin M. Antony and Karen Rowa, 2007.

*Overcoming Health Anxiety: Letting Go of Your Fear of Illness.* Katherine Owens, and Martin M. Antony, 2011.

*Overcoming Medical Phobias.* Martin M. Antony and Mark A. Watling, 2015.

*Quiet Your Mind and Get to Sleep: Solutions to Insomnia for Those with Depression, Anxiety or Chronic Pain.* Colleen Carney and Rachel Manber, 2009.

*Shyness & Social Anxiety Workbook, The.* Martin M. Antony and Richard P. Swinson, 2017.

*When Perfect Isn't Good Enough, Second Edition.* Martin M. Antony and Richard P. Swinson, 2009.

*Worry Workbook: CBT Skills to Overcome Worry and Anxiety by Facing the Fear of Uncertainty, The.* Melisa Robichaud and Kristen Buhr, 2018.

*Worry Workbook for Kids: Helping Children to Overcome Anxiety and the Fear of Uncertainty, The.* Muniya S. Khanna and Deborah Roth Ledley, 2018.

## Therapist-Guided CBT

### Find a Certified Therapist

Search for a certified CBT therapist near you on the Canadian Association of Cognitive and Behavioural Therapies (CACBT) website.

[cacbt.ca/find-a-certified-therapist](http://cacbt.ca/find-a-certified-therapist)

### Ontario Structured Psychotherapy Program

Access OHIP covered CBT and related approaches for patients 18+ with mild to moderate anxiety and depression.

[ontariohealth.ca/about-us/our-programs/clinical-quality-programs/mental-health-addictions/programs-resources](http://ontariohealth.ca/about-us/our-programs/clinical-quality-programs/mental-health-addictions/programs-resources)

## Internet-Based CBT (iCBT)\*

### MindBeacon

Mental health support, based on CBT, for adults aged 16+ who are dealing with stress, anxiety, depression and more.

[mindbeacon.com](http://mindbeacon.com)

### Telus Health CBT

An iCBT program from Telus Health. Move through 10 structured online modules, at your own pace, while your therapist monitors your progress.

[myicbt.com](http://myicbt.com)

\*In Ontario, iCBT can be accessed for free through the Ontario Structured Psychotherapy Program